



**DEPARTMENT OF THE NAVY**  
HEADQUARTERS UNITED STATES MARINE CORPS  
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WASHINGTON, DC 20350-3000

IN REPLY REFER TO:  
CMC-TECOM  
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**WHITE LETTER NO. 05-07**

From: Commandant of the Marine Corps  
To: All Commanding Generals  
All Commanding Officers  
All Officers in Charge

Subj: PHYSICAL FITNESS AND MILITARY APPEARANCE STANDARDS

1. Our Nation has high expectations of her Marines. This is the result of the legacy of performance that has been handed down by generations of Marines who have worn the eagle, globe and anchor. Our discipline, pride, adherence to standards, selfless dedication to duty, and commitment to Country and Corps shape our warrior ethos. America expects, demands and deserves nothing but the best from the Marine Corps. Accordingly, our high standards of professional and personal performance, to include our physical fitness and military appearance, must be maintained and adhered to by every Marine.

2. All Marines must be physically fit regardless of age, rank or duty assignment. I expect and require all Marines to comply with and enforce our physical fitness and military appearance standards. To simplify and clarify expected standards, I have directed the Training and Education Command to revise appropriate orders and regulations. My intent is to have full implementation of revised orders by June, 2008. This letter provides advance notice of forthcoming changes to ensure all Marines are within standards when the revised orders take effect. A short summary of the revised standards follows.

a. Body weight will no longer be directly associated with scores on the Physical Fitness Test. Additionally, in theater waivers for body composition will be discontinued.

b. All Marines will be evaluated against established height-weight standards. A Marine who falls outside these standards will be further evaluated as part of the Body Composition Program.

c. Body Composition Program (BCP). We will streamline the assignment process and tighten body fat standards. The following are the standards.

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<u>Age Group</u>	<u>Male</u>	<u>Female</u>
17-26	18% or less	26% or less
27-39	19% or less	27% or less
40-45	20% or less	28% or less
46+	21% or less	29% or less

d. Military Appearance Program (MAP). I have directed development of a Military Appearance Program that will provide Commanders an additional tool to ensure Marines maintain a suitable military appearance. Crucial to the effectiveness of this program is supervisory oversight by unit officer and enlisted leaders. Program assignment is distinct from BCP assignment and will focus on those who are within height and weight standards and body fat percentages, but present an unsuitable military appearance. MAP assignment will provide those Marines the added supervision and assistance required to improve their appearance, lifestyle habits and overall wellness.

e. Combat Fitness Test (CFT). The Physical Fitness Test (PFT) is meant to evaluate the general fitness of the Marine Corps with primary emphasis on endurance and upper body strength. Combat experience in Iraq and Afghanistan has revealed the requirement to develop a combat fitness program and evaluation that will better measure the functional elements of combat fitness. Designed to augment our current PFT, the CFT under development will consist of events that more closely replicate the physical demands of combat. Similar to the PFT, the CFT will be a scored event that will influence promotion, retention and assignment.

3. Once these initiatives are fully implemented in June 2008, I expect all Marines to meet required standards of physical fitness and military appearance. The time is now to take action to ensure compliance.

  
James T. Conway

Copy to:  
Sergeant Major of the Marine Corps